

Parent Thought Record Example

Use Podcast #9

Situation	Automatic Thought	Cognitive Distortion	Rational Thought
My child gets in trouble at school and comes home and tells me.	My kids now has a reputation as a bad kid and everyone is going to treat him like that.	Overgeneralization and Mind Reading	The teachers know my child and will know this is a one time mistake.
My child gets in trouble at school and comes home and tells me.	I should have parented him differently.	SHOULD statement	I parented him to the best of my ability each time and did a good enough job.
My child gets in trouble at school and comes home and tells me.	I feel embarrassed so I must have done something wrong.	Emotional Reasoning	I feel embarrassed because I think his behaviors are reflection of me but we all mess up and him making one bad choice does not reflect my parenting.

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Use Podcast #9 and Info 3 and 4 to complete

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